



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.town.needham.ma.us](http://www.town.needham.ma.us)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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## IT'S THE NEEDHAM COUNCIL ON AGING 50TH ANNIVERSARY!

**Tuesday, October 9th • 1:30 - 3:30 pm**

At the Needham Senior Center

Mr. Emmett H. Schmarsow, Program Manager for the Massachusetts Councils on Aging, Executive Office of Elder Affairs will talk about "Councils on Aging and Communities in Transition". Gloria Greis, Needham Historical Society, will discuss what Needham was like 50 years ago. Please join us for this unique opportunity to reminisce about the past, ask questions about what has brought us to where we are today, and to share memories. Refreshments will be served, drawing for door prizes. Please call the senior center to let us know you will be joining us 781-455-7555.

**Wednesday, October 24th • 1:30 - 3:00 pm**

Don't miss the big event. The Needham Council on Aging's 50th Year Celebration, on Wednesday, October 24, 2007 1:30 – 3:00pm Stephen Palmer Senior Center. Come join us when we will celebrate our past, enjoy the present and look forward to our future. Please call 781-455-7555 to let us know you'll be joining us.

## FRIDAY FLICKS

**October 5th, 19th and 26th • 1:00 pm**

In honor of our 50th anniversary our Friday Flicks this month will feature the following great films of this time:

October 5th, The Pajama Game. October 19th, An Affair to Remember and October 26th, The Witness for the Prosecution.

## NEWS FROM THE SENIOR CENTER STAFF

We have been very busy this summer planning this year's fall programs. So come on down. We look forward to seeing you!

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SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



COUNCIL  
ON AGING  
Needham

**Council on Aging  
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*Associate Director*

LaTanya Steele  
*Social Worker, BSW*

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*Social Worker*

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*Outreach Worker*

Penny Gordon, BA  
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Program Coordinator*

Dorene Nemeth, MBA  
Denise Roskamp, MD  
*SHINE*

Jeanne Blakeney  
*Trips*

Dave Lennon  
*Building Monitor*

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Elwyn Cotter  
*Van Drivers*

Herb Morin &  
*Town Hall Custodians*

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**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

## DEAR FRIENDS,

In September, the staff of the Council on Aging hosted an Appreciation Luncheon in honor of the 250 volunteers that have donated at least 19,000 hours to help make the COA successful. This is a staggering number of people and hours and shows the strong support and enthusiasm that exists for the COA department. The dedication, professionalism and compassion that Penny Gordon, Volunteer Coordinator, and the rest of the staff bring to the COA on a daily basis encourages the volunteerism, and together they make an amazing team. On behalf of all the Friends of the Needham Elderly, thank you Jamie, Sherry, LaTanya, Barbara, Jocelyn, Penny, Dorene, Denise, Dave, Cliff, Al and Jeanne (Who is actually a volunteer but works 3 days a week coordinating the trips!). Needham is fortunate to have the best!

In October, the Friends' members will work on the capital campaign for the possible new senior center at Ridge Hill, will continue efforts to obtain donations in support of the COA programs, and will strive to fulfill our commitment to make the Compass available to all of you throughout the coming years. Please accept our gratitude to those of you who have sent in your dues and donations and, especially, to the advertisers that are supporting our newsletter.

Have a great month!

*Michael*

Michael C. Tow, President  
The Friends of Needham Elderly  
617-734-4400  
[www.newbostonfinancial.com](http://www.newbostonfinancial.com)

## DEAR FRIENDS,

It's hard to believe that fall is upon us! The summer flew by this year as the department continued to be very busy all through the warm months. From what I see the fall will continue with this trend as numerous programs are being offered both at the Stephen Palmer Senior Center as well as throughout the town. For those of you who have been on vacation the staff and I welcome you back and look forward to seeing you during this season.

Please remember to stop by and say "hello" when you are in the area or when you visit the Center. I always look forward to hearing from you.

Have a happy month and enjoy "Halloween!"

*Jamie*

### DID YOU KNOW?

#### NEEDHAM ROTARY INSTALLS CARBON MONOXIDE DETECTORS FOR SENIORS/DISABLED

The Rotary Club of Needham has announced a new program to install carbon monoxide detectors in the homes of seniors and disabled persons in Needham. There has been a law requiring carbon monoxide detectors for some time now but getting the detectors and installing them has been a challenge for many of these households. Request forms can be picked up at the Senior Center, and at the Fire Department. Any questions on the program, feel free to call Bill Paulson at 781-929-2453.

# SHINE UPDATE

## ARE YOU REACHING THE “DONUT HOLE”?

If you reach that gap in your Medicare prescription drug coverage (Part D) that is often called the “donut hole,” you will have to pay up to \$3,051.25 out-of-pocket for your prescription drugs before your Part D plan will start paying again. If you are single and your income is less than \$30,630, or, if you are married and your combined income is less than \$41,070, Prescription Advantage can help to pay for the drugs covered by your Part D plan when you reach the donut hole. You will only pay a Prescription Advantage co-payment. If your income is higher, you may be eligible for benefits that would put a cap on the amount you would have to pay. With Prescription Advantage there is no need to worry about the donut hole. You no longer have to wait for an open enrollment to apply for Prescription Advantage. You can apply at any time, so call today for an application. You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241. If you need help with any aspect of your health insurance (Medicare), call your local Senior Center and ask for a SHINE appointment. You can also get help by calling 1-800-AGE-INFO (1-800-243-4636) and pressing or saying “2” to reach the SHINE Program. If you get the SHINE answering machine, leave your name and number. A counselor will return your call as soon as possible.

# RESOURCES AROUND TOWN

## OCTOBER KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

**October 3rd • 10:30-12:00 pm**

Seabed's Way Community Room

**October 3rd and 17th • 9am-12pm**

Senior Center

**October 24th • 10:30 am to 12:00 pm**

Linden & Chambers Community Room

**On a weekly basis:** Monday – Thursday 8-9:30 am at The Needham Health department located at the Needham town hall. For further information call, (781) 455-7523.

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the Elder Abuse Hotline at 1-800-922-2275. For more information call the Needham COA at 455-7555.

## GET THE NEWS FIRST!

### Join our E-mail list

Save paper and receive the *Compass* monthly via e-mail. To add your name to our growing list, simply e-mail us at: [Seniorcenter@town.needham.ma.us](mailto:Seniorcenter@town.needham.ma.us)

## FRIENDS OF THE NEEDHAM ELDERLY

The Friends of the Needham elderly, Inc. would like to thank the following individuals, who have made monetary donations above and beyond membership dues. Your generosity is truly appreciated.

### FRIENDS DONATIONS

- Bill and Betsy Tedoldi
- Murray and Sally Glickman
- Quilting Group
- Margie and Jerry Margolis in memory of Fred Utter

### NEEDHAM COA DONATIONS

- Alvera Emanuello in memory of Albert
- Adelaide Lyons in memory of Dorothea Stoddard
- Andrea Purcell Wong in memory Patricia Ryan
- John Benson for our new Pool Table
- Mike and Zeck Bolles for transportation and labor of our new pool table
- We would also like to thank the following individuals who helped towards the set-up of the new table: Dick Carey, Dick Aronson, Bill Bradley, Howard Cohen, Tony Cruciani, Mohan Dali, Jack Donna, Bill Duggy, Frank Farrar, Bob Fogerty, Tom Gallant, Dick Healey, Candy Jama, Jim Kenfick, Peter Ligor, Len McIntosh, Bill Moynihan, Ed Schullane, Bob Stern, Bill Tennant, Dick Tiernan, Jay Timmons, Joe Vega, Junie Wong, Mike Gallen, Paul Cokely, Greg Newton.



# NEEDHAM COUNCIL ON AGING AND SENIOR CENTER

*As you may or may not know, the Needham Council on Aging and Senior Center does not receive funding for recreational programming. Our greatest attempt is to recruit volunteers to teach or lead programs. Although most of our programs are free, some programs have fees in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.*

## PROGRAMS AND CLASSES, FALL 2007

### LIFE LONG LEARNING PROGRAMS

So, your grandchildren are heading off to college and now so can you, at your local Needham Council on Aging and Senior Center! Increasing in popularity are life long learning opportunities for older adults. This fall we have created an ensemble of subjects that include Art, Music, Literature, Language and Current Affairs. It's up to you, you can take one or as many classes as you would like.

**IMPORTANT:** Due to our space restrictions and because the Literature, Music, Art and the Lunch and Learn programs are so popular we encourage you to secure your seat by pre-registering using the form below. Once we receive your registration form, we will then send you a confirmation ticket for the classes that you have signed-up for.

### LITERATURE

At the Needham Senior Center

#### A PATRIOTIC TRIBUTE TO AMERICA

**October 15th • 10:30 – 11:30 am**

Dotty Verabetian, teacher and educator, will give a stirring patriotic presentation that celebrates one of the greatest gifts of our American heritage...freedom! Classic in content; yet as American as apple pie and hotdogs!... Dotty's presentation will include readings and autobiographical information from American treasures that include Oliver Wendall Holmes' Old Ironsides, Henry Wadsworth Longfellow's Paul Revere's Ride, Walt Whitman's I hear America Singing, F.D. Hemans' Landing of the Pilgrim Fathers, Emma Lazarus' The New Colossus and many more. This program will leave you proud to be an American. No prior reading is required, just come and enjoy. Fee for this program is \$4.00.

#### "HAVING OUR SAY"

**November 5th • 10:30 – 11:30 am**

We encourage you to read the book *Having Our Say* by the Delaney Sisters. The Senior Center is reserving copies, stop for your copy before November 5th.

Please join Needham residents and anthropology professors Sarah Lamb (Brandeis University) and Caitrin Lynch (Olin College) for a discussion of the acclaimed memoir entitled *Having Our Say: The Delany Sisters' First 100 Years* by Sarah L. Delany, A. Elizabeth Delany, and Amy Hill Hearth. In this

book, two sisters, aged 101 and 103, reflect on their lives that spanned the entire 20th century. This book is a wonderful read! Come discuss their views on topics such as Jim Crow and civil rights, women's rights and women's professional work, family life and growing older. Professors Lamb and Lynch will lead a discussion, show clips from a video of the Delany sisters, and refer to their anthropological research on aging in India and the United States. **Please note that this class is from 10:30 - 12:00.** Fee for this program is \$4.00.

#### "YOU HEARD IT FIRST"

**December 10th • 10:30 – 11:30 am**

You Heard it First – Come listen to the writings of some budding authors from the Creative Writing group. This group began last year and has become such a favorite among its members it now meets throughout the year. You will be amazed and delighted to hear what they have written. There is no fee for this program.

### POPULAR MUSIC GIANTS

At the Needham Senior Center

#### JEROME KERN

**Monday, October 29th • 1:30 – 2:30 pm**

This program will explore the life works of, Jerome Kern. Mr. Stanly Macht, facilitator of this program will enlighten you about the life and works of Jerome Kern through lecture and live music. Stanley is a gifted pianist and currently does over 400 performances a year! Fee for this program is \$4.00.



## GEORGE GERSHWIN

**Monday, November 26th • 1:30 – 2:30 pm**

This month Stanley Macht will discuss the life and works of George Gershwin interweaving the program will live music. Mr. Macht is a pianist-musicologist. Stanley, thank you for making this program possible! Fee for this program is \$4.00.

## RODGERS AND HAMMERSTEIN

**Monday, December 3rd • 1:30 – 2:30 pm**

Come and celebrate the music of Rodgers and Hammerstein. Ms Ruth Harcovitz, a soprano will perform with piano accompanist, Florence Dunn. Ruth will intersperse her performance with stories about the creation of the following musicals, "Oklahoma", "South Pacific", "The King and I", and others. Ms. Harcovitz is known throughout Massachusetts for her sparkling voice, warm personality, and exciting programs. Following graduation from New England Conservatory, she studied in Europe at the Vienna Academy of Music. This program is partially funded by the Needham Cultural Council. Fee for this program is \$4.00.

## ART APPRECIATION

At the Needham Senior Center

### LEONARDO DA VINCI

**Monday, October 22nd • 1:30 – 2:30 pm**

Join us for a look into all the works of Leonardo Da Vinci and the vision that was his genius. One of the greatest painters in the world, but painting was not what he did best. Da Vinci was a scientist, a chemist, a designer of military equipment and strategy, a concert level musician, a sculptor and an inventor. He was The Renaissance Man. Jane Blair, of Art Matters is an art educator and is the founder of an art awareness program called, Art Matters, which supports art advocacy for all ages. Fee for this program is \$4.00.

## THE PORTRAIT IN ART

**November 19th • 1:30 – 2:30 pm**

A portrait is much more than a picture of what someone looks like. A portrait can document the history of a whole family, or a single individual's journey. It can be about an era of time, or the experience of time as a youth or elder. It can be self revealing or serve as a commentary of social values or political institutions. Join us for a look at the Portrait in Art and share your own point of view. Presented by Art Matters. Fee for this program is \$4.00.

## HENRI MATISSE

**December 17th • 1:30 – 2:30 pm**

Enter the world of Matisse. A world of color, enjoyment and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music and art. Matisse's world has a "calming influence on the mind, like a good armchair." Indulge yourself and join us for a vacation from stress, into the sanctuary of Matisse's World. Presented by Art Matters. Fee for this program is \$4.00.

## OCTOBER LUNCH AND LEARN LECTURE SERIES

**Tuesdays, October 2, 16, 23, 30**

**11:00 am - 12:30 pm**

At the Needham Senior Center

**SIGN-UP IS REQUIRED;  
PLEASE CALL, (781) 455-7555**

Back by popular demand, this fall we bring you a new series of professional lectures about specific health topics. After the lecture you will be treated to a tasty lunch.

## HYPERTENSION

*Presented by Dr. Earl Woodman*

**October 2nd**

The presentation will show how treating hypertension may improve brain blood flow and prevent cerebral microvascular disease, thus reducing the incidence of falls, fainting and cognitive impairment in elderly people. There is no fee for this program.

## WHAT IS CHIROPRACTIC MEDICINE?

*Presented by Dr. Justine Kinder*

**October 16th**

Come join Dr. Justine Kinder, a local Chiropractor and graduate of New York Chiropractic College for an informational workshop where she will discuss such topics as: How Chiropractic medicine works; common conditions Chiropractors treat; a comparison of Chiropractic vs. traditional medicine; Chiropractic and Medicare; what one can expect when they visit a Chiropractor. There is no fee for this program.

# REGISTRATION FORM

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

When registering you may sign-up for one or as many classes/sessions as you would like. Simply check off the programs that you wish to attend. Next add your fees and submit a check, made out to the Needham COA and mail it to the Needham Council on Aging at 83 Pickering Street, Needham MA 02492.

## LITERATURE

- ☐ **Monday, October 15th**  
A Patriotic Tribute to America      Fee: \$4.00
- ☐ **Monday, November 5th**  
Having Our Say      Fee: \$4.00
- ☐ **Monday, December 10th**  
You Heard it First      No Fee

## POPULAR MUSIC GIANTS

- ☐ **Monday, October 29th**  
Jerome Kern      Fee: \$4.00
- ☐ **Monday, November 26th**  
George Gershwin      Fee: \$4.00
- ☐ **Monday, December 3rd**  
Rodgers and Hammerstein      Fee: \$4.00

## ART APPRECIATION

- ☐ **Monday, October 22nd**  
Leonardo Da Vinci      Fee: \$4.00
- ☐ **Monday, November 19th**  
The Portrait in Art      Fee: \$4.00
- ☐ **Monday, December 17th**  
Henri Matisse      Fee: \$4.00

## LUNCH AND LEARN SEMINAR SERIES

- ☐ **Tuesday, October 2nd**  
Hypertension      No Fee
- ☐ **Tuesday, October 16th**  
What is Chiropractic Medicine?      No Fee
- ☐ **Tuesday, October 23rd**  
Alzheimer's Disease      No Fee
- ☐ **Tuesday, October 30th**  
Diabetes      No Fee

## ALZHEIMER'S DISEASE

*Presented by Beverly Moore*

**October 23rd**

Did you know that there are over 50 different kinds of dementia and that Alzheimer's disease is only one type? Beverly Moore will provide an overview of Alzheimer's disease and will talk about the importance of getting a proper diagnosis. Ms. Moore is an Alzheimer's coach and sees clients privately. She is a true asset to her field and for the many clients and families that she serves. There is no fee for this program.

## DIABETES AN INFORMATIVE SEMINAR

**October 30th**

How to Manage Your Diabetes: Whether you have diabetes or know a relative or friend with diabetes, this program is for you. The lecture will include a general overview of the disease, explore common myths and misconceptions, provide tips on meal planning and review ways to control and manage your diabetes. There is no fee for this program.

**IMPORTANT:** Due to our space restrictions and because the Literature, Music, Art and the Lunch and Learn programs are so popular we encourage you to secure your seat by pre-registering using the attached form. Once we receive your registration form, we will then send you a confirmation ticket for the classes that you have signed-up for.

## SUPPORT GROUPS

### CAREGIVER SUPPORT GROUP

**Call for dates and times**

At the Needham Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208

### LOW VISION SUPPORT GROUP

**October 19th • 10:00 am**

At the Needham Senior Center

The Low Vision support group meets at the Needham Senior Center on the 3rd Friday of every month. The group provides an opportunity for newly blind and visually impaired persons to come together to discuss issues relating to their vision loss. The group addresses topics about how to use specialized equipment in the home or on the job; how to maintain independence, aging and vision loss, or the effects of vision loss on family and friends. If you need a ride call the Senior Center, (781) 455-7555.

## CURRENT EVENTS GROUP

**Tuesday, October 9th, 23rd**

**10:30 am – 11:30 am**

At the Needham Senior Center

We have two enthusiastic co-leader volunteers who facilitate the group. If you are interested in talking with others about today's headlines or what should be in today's headlines, please join us. This group is a friendly place to equally share with one another information in a supportive environment. We meet on the second and fourth Tuesday of the month between 10:30 and 11:30 a.m. at the Needham Senior Center, 83 Pickering St. **There is no fee for this group.**

## CREATIVE WRITING GROUP

**Tuesday, October 2nd, 16th, 30th**

**10:30 am – 11:30 am**

At the Needham Senior Center

Write your memoirs or try your hand at creative writing. This writing group is for all levels. The class is not about using proper grammar. It is about capturing memories or stories on paper and most of all having fun. The class is facilitated by a published writer who has agreed to volunteer his time with us. There is no fee for this class. The class meets on the first and third Tuesdays of the month between 10:30 and 11:30 a.m.

## SPANISH, BASIC LEVEL

**Fridays • 9:15 am - 10:15 am**

At the Needham Senior Center

This class is for those who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class guarantees to give you the tools to learn Spanish and also proves to be great fun for all. Our thanks to Rosa for taking time out of your busy schedule to volunteer/teach at the COA. **There is no fee for this class.**

## THE COMPUTER CENTER

At the Needham Senior Center

### COMPUTER CLASS

### HOW TO USE THE INTERNET

**October 3, 10, 17 • 10:00 am - 12:00 pm**

In this hands-on, 3 session class, you will learn how to utilize the capabilities of the internet! To register for the class call the COA at (781) 455-7555.

## COMPUTER LESSONS

Would you like to learn about computers in a one-on-one session with a qualified instructor? Each session lasts 45 minutes and will be held on Thursdays and Fridays

between noon and 3 pm. To make an appointment for a 45 minute session call the Senior Center at (781) 455-7555. There is no fee for this class.

## WEIGHT WATCHERS

**10 weeks, September 26th to November 28th**

**Wednesdays • 12:15 pm - 1:15 pm**

At the Needham Senior Center

Join together with COA staff and fellow Friends. Lose weight and feel great. We will offer support to one another with good humor as we struggle to win the Battle of the Bulge! We will have a private weigh-in each week and the group coach will keep us motivated by suggesting various food options and providing helpful tips on the value of exercise! At the end of the 11 weeks, we will provide a special gift for the person who has had the biggest weight loss! Please call Sherry at the Needham Senior Center regarding the cost of joining Weight Watchers at (781) 455-7555.

## TAI CHI FOR BEGINNERS

**An 8-Week Class**

**October 15th – December 10th**

**Mondays • 9-10 am**

At the Needham Senior Center

J. Scott Brumit is the founder and general director of the Longwood Opera Company based in Needham. Scott has also studied various forms of martial arts since 1983 including Tai Chi and GiGong. Tai chi chuan (or t'ai chi chuan, taijiquan) is a slow-motion, moving, meditative exercise for relaxation, health and self-defense. Originally from China, tai chi has gained enormous popularity throughout the world for its health benefits. As a stress-relieving therapy, it leaves the participant refreshed and centered, ready to face whatever difficulties their day or their life may bring. Come join and learn tai chi to improve your sense of wellbeing, balance and learn a life long skill for good health. No experience is necessary. Wear loose, comfortable clothing. Fee for the eight-week course is \$32.

## WALKING CLUB AND WALKING PALS PROGRAM

**Walking Club** – If you walk 2-4 miles, a couple days a week then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van.

**Walking Pals New Program** – Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule.

**Please call Sherry at the Needham Senior Center for more details at (781) 455-7555.**

## POOL AND PING PONG

At the Needham Senior Center

### **Two Day Pool Tournament Monday and Wednesday 9am-4pm**

**October 29 and 31, 2007**

At the Needham Senior Center

A simple 8-ball pool tournament at the Needham Senior Center. To sign-up call (781) 455-7555.

### **Drop In Pool Hours**

Monday • 9:00 am - 4:00 pm

except October 29th

Tuesday and Thursday

9:00 am - 12:00 pm

Wednesday • 9:00 am - 4:00 pm

except October 31st

Friday 9:00 am - 4:00 pm

### **Ping Pong Hours**

Tuesday and Thursday

12:15 pm - 4:00 pm

## CARD GAMES

### **All Card and Board Games**

#### **Welcome New Members**

At the Needham Senior Center

#### **Bridge, Duplicate:**

Thursdays, 1-4

#### **Bridge, Drop-in, Mens:**

Mon. Tues. Wed. Fri. 1-4

#### **Women's Drop-in:**

Call the Senior Center for times.

#### **Canasta:**

Call the Senior Center for times.

#### **Hearts:**

Wednesdays, 10-12. A teacher is available on Oct. 10th

#### **Whist:**

Thursdays, 10 - 12

## BOARD GAMES

At the Needham Senior Center

#### **Mah Jong and Scrabble:**

Fridays, 1-4 except on October 12th

#### **Women's Cribbage:**

Tuesdays, 1:30 - 4

#### **Men's Cribbage:**

Thursdays, 1:00 - 4

## BETTER BALANCE CLASS, NEW SESSION

**8-weeks**

**Wednesdays • 2:30 pm - 3:30 pm**

**September 12, 26, and**

**October 3, 10, 17, 31 and November 7**

At the Needham Senior Center

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost of the 8-week class is \$40.00. To sign-up please call the Senior Center at (781) 455-7555.

## BALLROOM DANCING LESSONS

**Thursdays • 2:00pm - 3:00 pm**

Location: The YMCA, Chestnut Street, Needham

New 4-week class to start in October! Call Sherry Jackson, Associate Director for dates (781) 455-7555

## KNITTING AND QUILTING GROUPS

**Knitting: Thursdays • 10:00 am – 11:30 am**

**Quilting: Fridays • 9:15 am – 11:30 am**

At the Needham Senior Center

We always welcome newcomers, please feel free to bring a project that you are working on to the group.

## BEGINNER MAH JONG CLASS

Are you interested in learning Mah Jong? After four sessions you will know if Mah Jong is for you. Mah Jong involves playing with tiles and the class is taught by an experienced teacher. A modest fee of \$16 for all 4 sessions is due on the first class. For dates and times of classes call the Needham Senior Center at 455-7555

## “IT’S FRIDAY, ENTERTAINMENT LIVE” WITH MEL SIMONS

**Friday, October 12th • 1:30 pm - 2:30 pm**

at the Needham Senior Center

### **SIGN-UP IS REQUIRED FOR THIS EVENT**

Join us for an afternoon of comedy and music with Mel Simon! For many years, Mel has appeared on Radio WBZ 1030. He has entertained audiences on The Larry Glick Show, The Bob Raleigh Show and currently on the Steve LeVeille Broadcast. Mel is a humorist, accordionist, disc jockey MC and author. Sign-up for this event is required. There is no fee for this program.



## READING COMES ALIVE

**Wednesdays • 1:30 pm – 2:30 pm**

**October 3, 2007 Coleridge**

**October 10, 2007 Sarah Binks**

**October 17, 2007 Chesterton**

**October 31, 2007**

**Ghost Story by Edgar Allen Poe**

At the Needham Council on Aging and Senior Center

Ms. Sylvia Elvin is a retired actor and has been in numerous plays. She has a wonderful voice and will read aloud from various books. Please bring your ideas of books that you would like her to read in the future. There is no fee for this program.

## MONDAY'S LUNCH BUNCH

**Mondays • October 15, 22, 29, 2007**

Due to the increased interest in our LUNCH BUNCH program, please be sure to speak with our receptionist to SIGN UP in advance for the lunch you want to attend.

**October 15 – Bon Caldo, Norwood**

**October 22 – Aquitaine Bistro, Chestnut Hill**

**October 29 – The Wok, Wellesley**

Call the Senior Center at 781-455-7555, speak with the receptionist, and sign up today. You will pay the driver \$5.00 and also the cost of your meal.

## TRIPS

On **Thursday, October 18th**, a wonderful Tenor, Aaron Caruso, who is being compared to Mario Lanza, will be performing at the Venus de Milo in Swansea. This trip also includes an excellent meal of Chicken Parmigiana or Baked Haddock, the Venus' famous minestrone soup and all the fixings. Please make your reservations NOW...the cost is \$59.00.

On **Thursday, November 8th**, we will be going to Lantana's in Randolph to see current favorite that's been playing all over the country. "Zoo Suit Riot", is listed as an incredible musical with 8 very talented performers, they relive the old days of Zoot Suits, Sinatra, Vale and Clooney. This trip will include a full turkey dinner, and is also \$59. Please, bring a friend and sign up Early.

Finally, on **Thursday, December 6th** we are planning to attend a gala Holiday Party and Luncheon at Luciano's with lots of fun, a fabulous show and a Holiday Gift. This trip will also cost \$59. More details later.

## SENATOR SCOTT BROWN'S AIDE

**Tuesday, October 23rd • 10:15**

Senator Scott Brown or a member of his staff will be available to hear your concerns and answer any questions about State Government you may have.

## JOIN FRIENDS OF NEEDHAM ELDERLY

Please consider becoming a Friend. Your membership will help support the many programs of the Needham Council on Aging and contribute to the printing and distribution of the new Senior Compass.

**Please fill out below to become a Friend or to renew your membership for 2007.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Membership: \$ 25.00 (per household)

Additional Donation: \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Make check payable to Friends of Needham Elderly, Inc. and mail to: FONE, 83 Pickering St., Needham, MA 02492

**THANK YOU FOR YOUR SUPPORT!**



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ON AGING  
Needham

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PALMER SENIOR  
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Needham, MA 02492  
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CENTER  
DROP-IN  
HOURS:**

9:00 am - 4:00 pm  
Monday thru Friday

# VOLUNTEERS SOUGHT

## FOOD PREPARER AND SERVERS NEEDED

Please contact Penny at 781-455-7555

## THE SONGSTERS NEED YOU!

The Needham Songsters have been entertaining at the Needham Senior Center and at special events around town for many years, and are now looking to expand the group. If you can read music and enjoy singing, your talents are needed. Men and women are welcome. For more information, call Jeanne Blakeny at 781-455-7555.

## THE SENIOR CENTER NEWSLETTER COMPASS LABELING AND COLLATING

### Tuesday, October 23rd • 9:15 am

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

## TRAVELING MEALS

### NEEDHAM HEALTH DEPARTMENT

The Meals Program is in great need for volunteers to deliver meals. If you are interested in this volunteer opportunity please call Maryanne Dinell, (781) 455-7523.

## NEEDHAM COMMUNITY COUNCIL

We are in need of volunteer drivers to drive elderly residents to medical appointments in the Needham/Wellesley area. We need you less than one hour a week and you can choose your schedule! Please call the NCC at 444-2415.

## FREE LEGAL ASSISTANCE

### BOSTON COLLEGE ELDER LAW PROJECT

**Friday, October 26, 2007 • 1:00 pm - 3:00 pm**

At the Needham Senior Center

Law students will be available to answer your legal questions. If you would like to make an appointment with BC legal, call the Senior center at 455-7555.



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# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Billiards 10:00 Walking Club 10:30 Wellness Clinic <b>11:45 Lunch:</b> Pier 17 Fish or Breaded Chicken Patty 1:00 Bridge – Mens 1:15 Transitions As We Age Group</p>	<p>2</p> <p>9:00 Billiards 9:30 Chronic Disease Self Management 10:00 Bridge – Womens 10:15 Yoga 10:30 Creative Writing 11:00 Lunch and Learn: Hypertension <b>11:45 Lunch:</b> Chicken Cacciatore or Seafood Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:30 Canasta 1:30 Cribbage – Womens</p>	<p>3</p> <p>9:00 Billiards 9:00 Wellness Clinic 10:00 Hearts Card Game 10:00 Computer Class 10:30 Songsters <b>11:45 Lunch:</b> Beef Stew or Peppercorn Turkey Sandwich 12:15 Weight Watchers 1:00 Bridge – Mens 1:30 Reading Comes Alive: Coleridge 2:30 Better Balance</p>	<p>4</p> <p>9:00 Billiards 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Chicken Kielbasa or R.B. and Swiss Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens <b>2:00 Ballroom Dancing #1</b></p>	<p>5</p> <p>9:00 Billiards 9:15 Quilting 9:15 Spanish Class 10:30 Exercise 11:00 Walking Club <b>11:45 Lunch:</b> Vegetable Cheese Quiche or Tuna Salad over Mixed Greens 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Mens 1:00 Movie: The Pajama Game</p>
<p>8</p> <p><b>COLUMBUS DAY OBSERVED</b></p>	<p>9</p> <p>9:00 Billiards 9:30 Chronic Disease Self Management 10:00 Bridge – Womens 10:15 Yoga 10:30 Current Events <b>11:45 Lunch:</b> Lemon Pepper Fish or Ham and Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:30 Canasta 1:30 COA Turns Fifty – Let's Celebrate Part I 1:30 <b>No Womens Cribbage</b></p>	<p>10</p> <p>9:00 Billiards 9:00 Exercise 10:00 Hearts Card Game 10:00 Computer Class 10:30 Songsters <b>11:45 Lunch:</b> Stuffed Pepper or Egg Salad Sandwich 12:15 Weight Watchers 1:00 Bridge – Mens 1:30 Reading Comes Alive: Sarah Binks 2:30 Better Balance</p>	<p>11</p> <p>9:00 Billiards 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Roast Turkey or Chicken Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens <b>2:00 Ballroom Dancing #1</b></p>	<p>12</p> <p>9:00 Billiards 9:15 Quilting 9:15 Spanish Class 10:30 Exercise 11:00 Walking Club <b>11:45 Lunch:</b> Chicken Marsala or Turkey and Cheese Sandwich 12:00 Computer Lessons 1:00 Bridge – Mens 1:30 Entertainment Live with Mel Simons</p>
<p>15</p> <p>9:00 Billiards 9:00 Tai Chi Class 10:00 Walking Club 10:30 Literature: A Patriotic Tribute to America <b>11:30 Mystery Monday Lunch</b> <b>11:45 Lunch:</b> Pot Roast or California Chicken Salad 1:00 Bridge – Mens 1:15 Transitions As We Age Group</p>	<p>16</p> <p>9:00 Billiards 9:30 Chronic Disease Self Management 10:00 Bridge – Womens 10:15 Yoga 10:30 Creative Writing 11:00 Lunch and Learn: What is Chiropractic Medicine? <b>11:45 Lunch:</b> Meatloaf or Turkey Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:30 Canasta 1:30 Cribbage – Womens</p>	<p>17</p> <p>9:00 Billiards 9:00 Wellness Clinic 9:00 Exercise 10:00 Hearts Card Game 10:00 Computer Class 10:30 Songsters <b>11:45 Lunch: Autumn Special:</b> Butternut Squash Soup, Crumb Baked Chicken, Green Beans Almandine, Baked Potato and Sour Cream and Chocolate Chip Bread Pudding 12:15 Weight Watchers 1:00 Bridge – Mens 1:30 Reading Comes Alive: Chesterton 2:30 Better Balance</p>	<p>18</p> <p>9:00 Billiards 9:00 Trip: Aaron Caruso 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Hot Dog or Seafood Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens <b>2:00 Ballroom Dancing #1</b></p>	<p>19</p> <p>9:00 Billiards 9:15 Quilting 9:15 Spanish Class 10:00 Low Vision <b>11:45 Lunch:</b> Fish Florentine or R.B. and Cheese Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Mens 1:00 Movie: An Affair to Remember</p>
<p>22</p> <p>9:00 Billiards 9:00 Tai Chi Class 10:00 Walking Club 10:30 Wellness Clinic <b>11:30 Mystery Monday Lunch</b> <b>11:45 Lunch:</b> Chicken Quarter or R.B. and Cheese Sandwich 1:00 Bridge – Mens 1:15 Transitions As We Age Group 1:30 Art Appreciation: Leonardo Da Vinci</p>	<p>23</p> <p>9:00 Billiards 9:15 Compass Collating 9:30 Chronic Disease Self Management 10:00 Bridge – Womens 10:15 Senator Brown Office Hours 10:15 Yoga 10:30 Current Events 11:00 Lunch and Learn: Alzheimer's Disease <b>11:45 Lunch:</b> BBQ Beef Rib or Tuna over Mixed Greens 12:30 Ping Pong 1:00 Bridge – Mens 1:30 Canasta 1:30 Cribbage – Womens</p>	<p>24</p> <p>9:00 Billiards 9:00 Exercise 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Roast Pork or Chicken Patty Sandwich 12:15 Weight Watchers 1:00 Bridge – Mens 1:30 COA Turns Fifty – Let's Celebrate Part II</p>	<p>25</p> <p>9:00 Billiards 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Stuffed Shells/Meatball or Turkey and Swiss Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens <b>2:00 Ballroom Dancing #1</b></p>	<p>26</p> <p>9:00 Billiards 9:15 Quilting 9:15 Spanish Class 10:30 Exercise 11:00 Walking Club <b>11:45 Lunch:</b> Turkey Broccoli Penne or Egg Salad Sandwich 12:00 Computer Lessons 1:00 B.C. Legal 1:00 Board Games 1:00 Bridge – Mens 1:00 Movie: The Witness for the Prosecution</p>
<p>29</p> <p>9:00 Pool Tournament Part I 9:00 Billiards 9:00 Tai Chi Class 10:00 Walking Club 10:30 Wellness Clinic <b>11:30 Mystery Monday Lunch</b> <b>11:45 Lunch:</b> Beef Macaroni and Cheese Casserole or Seafood Salad Sandwich 1:00 Bridge – Mens 1:15 Transitions As We Age Group 1:30 Music Giants</p>	<p>30</p> <p>9:00 Billiards 10:00 Bridge – Womens 10:15 Yoga 10:30 Creative Writing 11:00 Lunch and Learn: Diabetes <b>11:45 Lunch:</b> Breaded Fish Sandwich or R.B. and Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:30 Canasta 1:30 Cribbage – Womens</p>	<p>31</p> <p>9:00 Pool Tournament Part II 9:00 Billiards 9:00 Exercise 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch: Halloween Special:</b> Pumpkin Soup, Chicken Quarter, Whipped Potato, Waxed Beans, or Tuna Salad Sandwich 12:15 Weight Watchers 1:00 Bridge – Mens 1:30 Reading Comes Alive: Edgar Allen Poe 2:30 Better Balance</p>	<p><b>CALENDAR OF PROGRAMS AND EVENTS</b></p> <p>Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 <a href="http://www.town.needham.ma.us">www.town.needham.ma.us</a></p> <p><b>Offsite Locations of Programs</b></p> <p>#1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street</p> <p><b>Please Note: Items in bold indicate that sign-up is required.</b></p>	

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